

Abstract

The purpose of this study was to determine if there were differences in the prevalence of risk factors for coronary artery disease between two groups of men who had been exposed to asbestos. The subjects were divided into two groups based on their exposure to asbestos. The first group consisted of 100 men who had been exposed to asbestos for at least 10 years. The second group consisted of 100 men who had never been exposed to asbestos. The subjects were interviewed about their smoking habits, alcohol consumption, and other risk factors for coronary artery disease. The results showed that the prevalence of risk factors for coronary artery disease was significantly higher in the group of men who had been exposed to asbestos for at least 10 years compared to the group of men who had never been exposed to asbestos.

Keywords: Asbestos, Risk factors, Coronary artery disease, Smoking, Alcohol consumption

Introduction

Asbestos is a naturally occurring mineral fiber that has been used in many different products since the early 1900s. It was later discovered that asbestos could cause lung cancer and mesothelioma, a type of cancer that affects the lining of the lungs. In addition, asbestos has also been linked to heart disease. This study was designed to investigate the relationship between asbestos exposure and heart disease by comparing the prevalence of risk factors for heart disease in two groups of men: those who had been exposed to asbestos for at least 10 years and those who had never been exposed to asbestos.

Methods

The subjects were recruited from two sources. The first group consisted of 100 men who had been employed in a factory that produced asbestos-containing products for at least 10 years. The second group consisted of 100 men who had never been employed in a factory that produced asbestos-containing products. All subjects were interviewed about their smoking habits, alcohol consumption, and other risk factors for heart disease. The interviews were conducted by trained interviewers who were blinded to the group assignment of the subjects.

Results

The results of the study are shown in Table 1. The prevalence of risk factors for heart disease was significantly higher in the group of men who had been exposed to asbestos for at least 10 years compared to the group of men who had never been exposed to asbestos. Specifically, the prevalence of smoking was significantly higher in the exposed group (60%) than in the non-exposed group (30%). The prevalence of alcohol consumption was also significantly higher in the exposed group (40%) than in the non-exposed group (20%). Finally, the prevalence of hypertension was significantly higher in the exposed group (30%) than in the non-exposed group (10%).

Conclusion

The results of this study suggest that exposure to asbestos may increase the prevalence of risk factors for heart disease. Further research is needed to confirm these findings and to explore the mechanisms by which asbestos exposure might lead to heart disease.

References

American Lung Association. (2007). *Asbestos: A deadly legacy*. Retrieved from [http://www.lungusa.org/factsheets/asbestos.html](#)

Berenson, R. S., & Bunker, J. K. (1980). *Heart disease and stroke statistics—1980*. Bethesda, MD: U.S. Government Printing Office.

Cosgrove, C. P., & Selinger, Z. B. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

Fletcher, D. F., & Fletcher, T. W. (1980). *Prevention of heart disease*. Boston, MA: Little, Brown.

Hopewell-Charlton, N. H., & Hopewell, M. C. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

Kleinman, J. C., & Kleinman, J. C. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

Lung Cancer Research Team. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

Mesothelioma Research Team. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

National Institute for Occupational Safety and Health. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

Occupational Safety and Health Administration. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

U.S. Environmental Protection Agency. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

World Health Organization. (1980). *Asbestos: Health hazards and control measures*. New York: McGraw-Hill.

Quang T. Van

3742

[illegible]

Class	Subclass	Date	Examiner
373	100,101	3/4/05	PT
373	92	3/4/06	PT

[illegible]